



基督教聯合那打素社康服務
UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

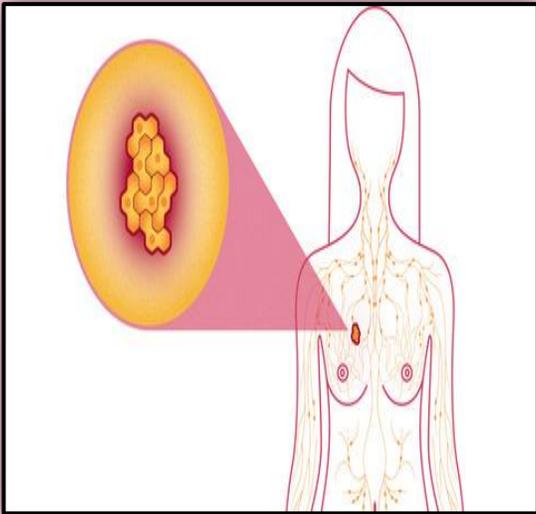
Every Woman Counts!

Cancer Prevention Amongst Ethnic Minority Women



This booklet contains information about Breast Cancer and Cervical Cancer.

What is Breast Cancer?



Breast cancer is the most common cancer among women world. In this disease the malignant (cancer) cells form in the tissues of the breast.

It occurs in both women and men, although breast cancer in men is rare.

Risk Factors:

Any woman may develop breast cancer. However, the following risk factors may increase the likelihood of developing the disease.



Age: Risk increases as getting older.

Family History : Having a mother, sister, or daughter diagnosed with breast cancer before the age of 50.

Personal Health History: If have been diagnosed with breast cancer in one breast, an increased risk of being diagnosed with breast cancer in the other breast in the future.

Early menarche (Before age 12) and **Late menopause** (After age 55)

Reproductive history : Having first child at an older age , or never having given birth.

Other Avoidable Risk Factor

Poor Diet

A diet high in saturated fat and lacking fruits and vegetables.



Lack of Physical Activity

A sedentary lifestyle



Drinking Alcohol

Frequent consumption of alcohol.



Combined Hormone Replacement Therapy (HRT)

Taking combined hormone replacement therapy, as prescribed for menopause, can increase risk and cancer will be detected at a more advanced stage



Symptoms of Breast Cancer

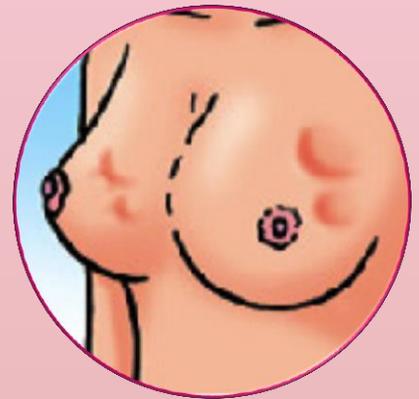
The symptoms of breast cancer may not be easily noticed at an early stage. Any of the following changes in the breast can be a symptom of breast cancer:



Lump



Orange peel appearance

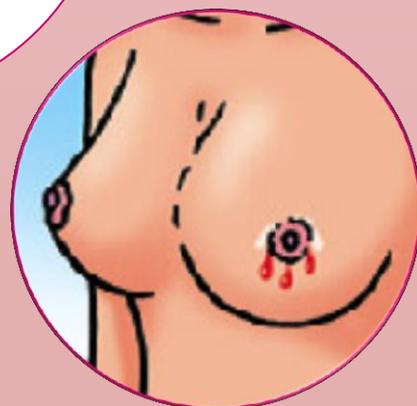


Dimpled skin

**LOOK
FOR**



Retracted nipple

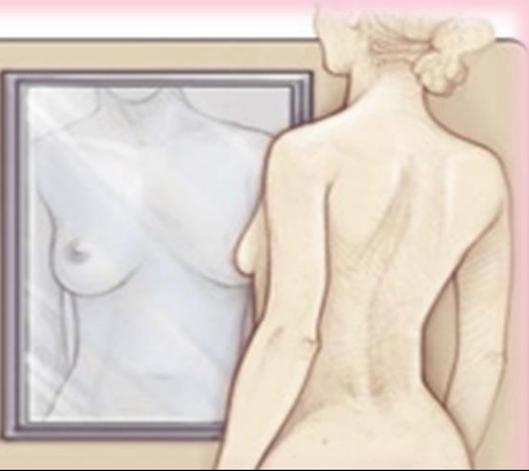


Bleeding from nipple

Breast Self Awareness

In most cases, the breast abnormality are detected by women themselves, hence women are encouraged to be breast aware.

1



Remove all clothes above the waist. Stand in front of a mirror and observe your breast for any warning signs.

2



Place your hands on your hips and press down firmly to relax the chest muscles, inspect breast carefully.

3



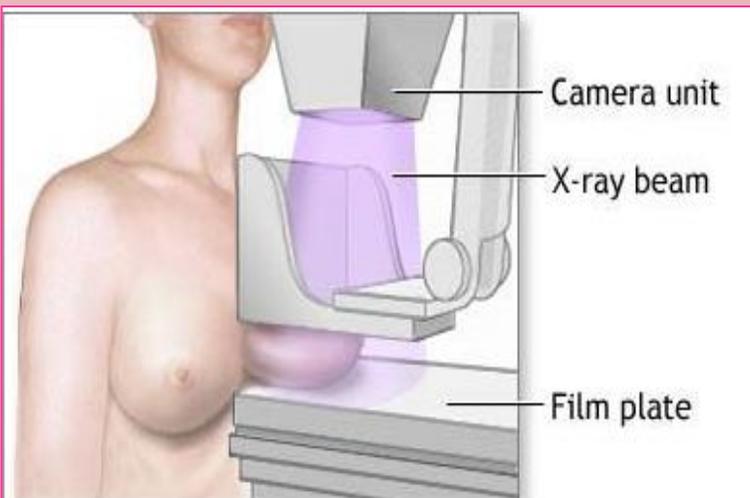
Raise your arms over your head and inspect your breasts again like step 2.

- Know what is normal for you
- Know what changes to look for
- Look for the changes
- Report any changes **without DELAY**

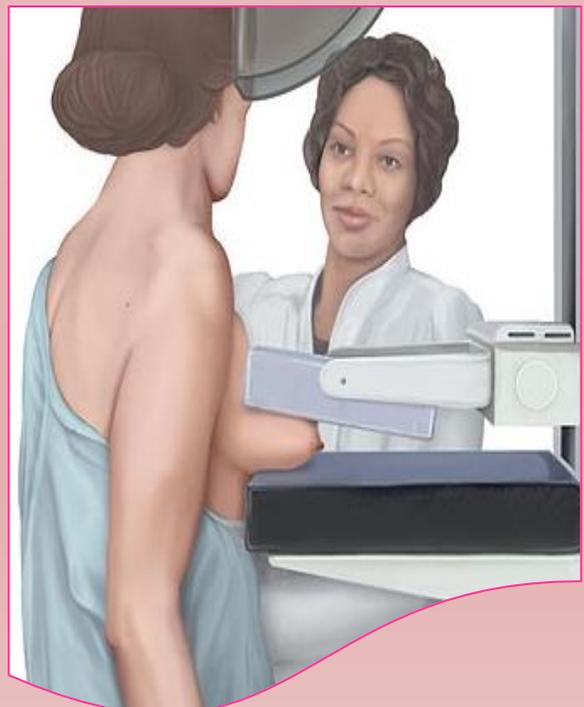
Types of Breast Examination

Age	Self Breast Awareness	Clinical Examination	Mammogram
	To be familiar with own breast and notice change	Professional check up	To detect calcification or tumor at an early stage
20-49	Every month	Every 3 years	As advised by the doctor
50+	Every month	Every 2 years	Every 2 years

Mammography: An x-ray examination of the breast, widely used as screening tool to detect early breast cancer in women without symptoms.



In mammography, each breast is compressed horizontally, then obliquely and an x-ray is taken of each position



Prevention or Lowering Risk of Breast Cancer

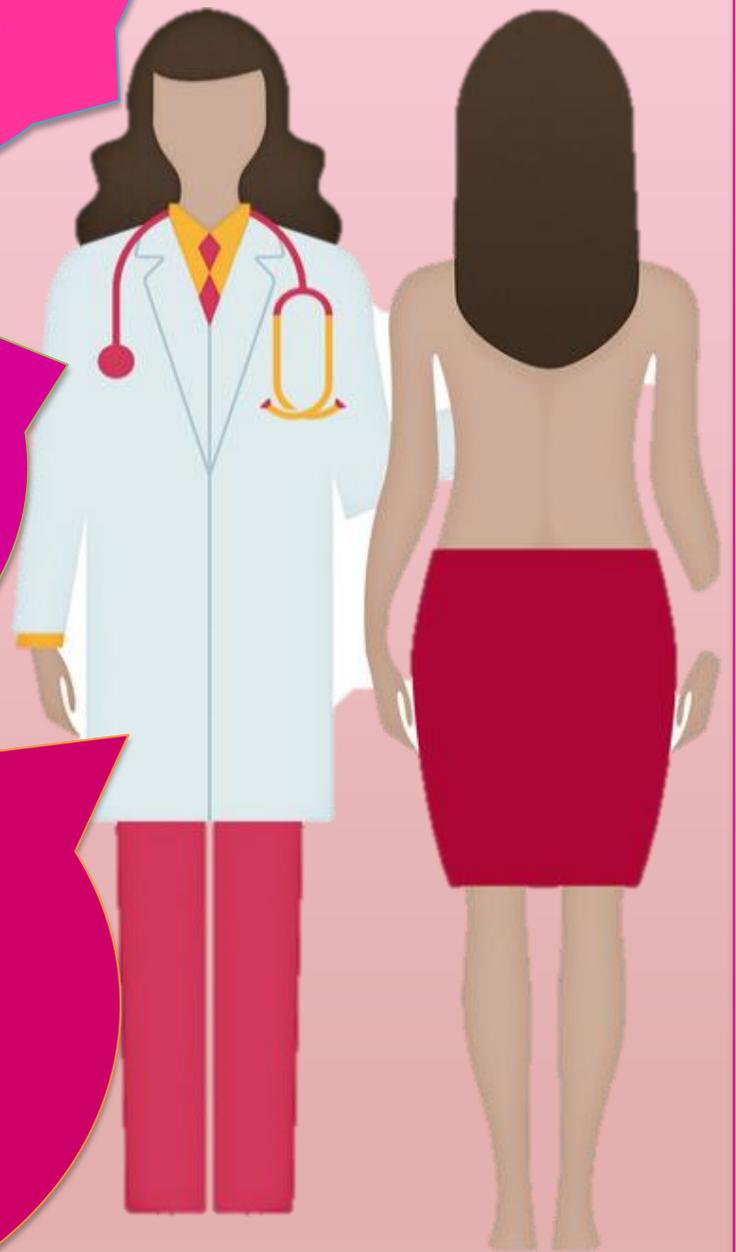
Do's 		Dont's 	
	Being breast aware		Avoid smoking
	Regular exercise, at least 30 minutes everyday		Limit alcohol consumption
	Keep a healthy weight (BMI = 18.5 to 22.9)		Limit red meat and animal fat
	Breastfeeding		Avoid exposure to radiation
	Daily consumption of 3-5 portion of vegetable and fruits		Limit dose and duration of hormone therapy

In Summary

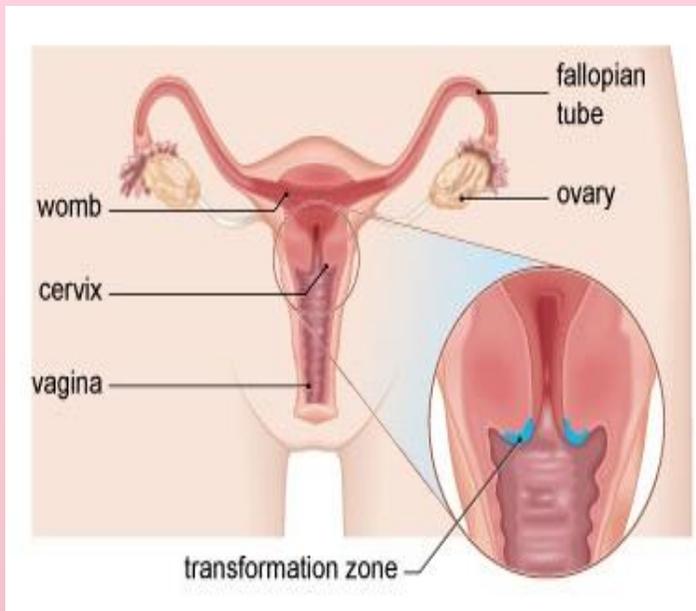
Healthy lifestyle and breast awareness are key factors in prevention and early detection of breast cancer

The survival rate of breast cancer is very high if detected at an early stage

With early detection and treatment, most people can continue a normal life



What is Cervical Cancer?



Cervical cancer is a cancer that starts in the cervix, which is the lower part of womb.

4th most common cancer amongst women worldwide.

8th most common cancer amongst women in Hong Kong

3.4% of cancer cases amongst all cancer

Still the **2nd** most common cancer amongst women in developing countries.

Risk factors



Having sex at an early age



Having many sexual partners or have a partner who has had many partners



History of infection with high-risk strains of HPV or persistence of HPV infection

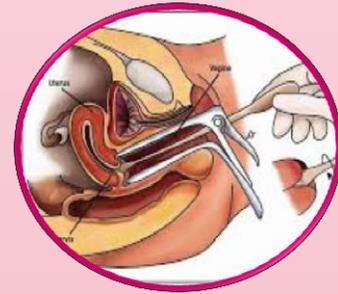


Smoking

Symptoms of Cervical Cancer

- **Abnormal vaginal bleeding, after intercourse, between periods or after menopause**
- **Smelly and bloody vaginal discharge**
- **Pain in pelvis or pain during intercourse**

Prevention or Lowering the Risk of Cervical Cancer



**Get HPV
(Human Papilloma Virus)
vaccination before
initiation of sexual
activity**

**Have a routine
Cervical /Pap smear
test**



**Limit alcohol
consumption.**

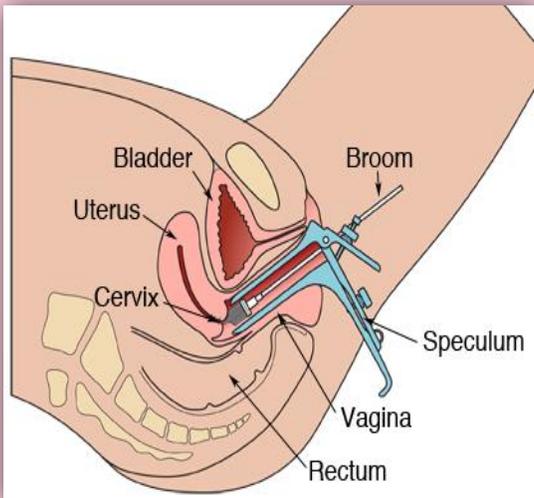
**Avoid having multiple
sexual partners and
practice safe sex**



Avoid smoking.

**Adopt healthy lifestyle –
eat a balanced diet and
maintain healthy weight**

Cervical Screening



Cervical smear/pap smear is a simple screening test that could detect abnormal cellular change in the cervix (which might be early signs of cervical cancer).

Who needs Cervical /Pap Smear:

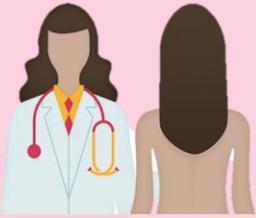
All women aged 25-64 who ever had sexual experience (single or married, menopausal or not).

Women aged 65 or above who had sexual experience should seek doctor's advice on having a cervical smear if they have never had one before.

Women below 25 years of age who have had sexual experience could seek medical advice from a doctor.

Women who never had sexual experience or who have had total hysterectomy (removal of uterus) do not need cervical smear.

Cervical smear test should be avoided during menstruation.



Result of Cervical Smear

“Positive” result	“Negative” result...
<ul style="list-style-type: none">• means abnormal cells are detected. However it does not necessarily mean cancer, further investigation is required to see if the changes are serious or not.• Women should discuss with their Doctor.	<ul style="list-style-type: none">• means no abnormal cells are detected.• also means low risk of having cervical lesion but does not mean no risk at all.

Screening Interval

- **The screening interval follows the 1,1, 3 –yearly cycle, i.e. if the first one is normal, have a second one 12 months later, if the second test is also normal, should have repeated smears at least every 3 years.**

- **If there is any symptoms such as vaginal bleeding or pain, do not wait until the next cervical/pap smear. See a doctor right away.**

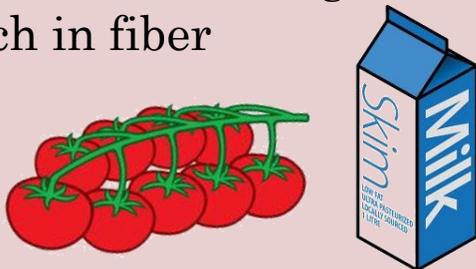
Healthy Diet for Cancer Prevention

One third of cancers are preventable through healthy lifestyles including healthy eating, regular exercise, maintaining healthy weight and no smoking. Here are some tips on healthy diet for cancer prevention:

Do's



Choose “**low energy dense**” snacks, which are low in fat and sugar and rich in fiber



Don'ts



Avoid high energy dense food “**High energy dense food**” are small in size but high in fat and sugar



Eat wide varieties and colors of fruits and vegetables



Avoid preserved meat and eat less red meat. Eat less than 500g of preserved meat and red meat like beef, pork and lamb in 1 week.



Avoid smoking



Limit alcohol . If necessary women should restrict to less than 1 serve a day. (1 serve= 290ml beer or 125ml wine)

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